

Mayonnaise vs Aioli (vsdiff.com)

Aspect	Mayonnaise	Aioli	Typical Uses
Core ingredients	Neutral oil, egg yolk, acid (vinegar/lemon)	Garlic, olive oil; sometimes egg yolk or mustard	Sandwiches, dressings vs. Mediterranean dips, seafood
Emulsifier	Egg yolk (lecithin)	Crushed garlic (traditional) or egg yolk (modern)	Stable emulsion vs. garlic-forward emulsion
Flavor profile	Mild, slightly tangy	Pronounced garlic, olive-oil character	Versatile base vs. bold condiment
Typical fat per tbsp	≈8-11 g (depends on recipe)	≈8-11 g (olive oil based)	High-fat condiment providing mouthfeel

Source: <https://vsdiff.com/mayonnaise-vs-aioli/>